



Breastfeeding Friendly Employer Checklist

	Bronze	Silver	Gold
Policy and Education	<input type="checkbox"/> Verbal agreement between mother and her direct supervisor regarding her break times and space to pump.	<input type="checkbox"/> Written breastfeeding support policy** <input type="checkbox"/> Education about policy provided to all employees **Sample policy available on the Dept of Health website	<input type="checkbox"/> Written breastfeeding support policy with education provided for all employees. <input type="checkbox"/> Educational packet about breastfeeding given to all expectant parents* *Available from Dept of Health website
Facilities	<input type="checkbox"/> Private room with a lock on the door	<input type="checkbox"/> Private room with a lock on the door <input type="checkbox"/> Comfortable chair for pumping and/or nursing <input type="checkbox"/> Refrigerator for milk storage <input type="checkbox"/> Nearby sink with running water Optional items: <input type="checkbox"/> Small table <input type="checkbox"/> Electrical Outlet	<input type="checkbox"/> Private room with a lock on the door <input type="checkbox"/> Breast pump provided by employer <input type="checkbox"/> Lactation room with all of the following: <ul style="list-style-type: none"> ❖ Refrigerator for milk storage ❖ Comfortable upholstered chair for pumping and/or nursing ❖ Wall clock ❖ Nearby sink with running water ❖ Small table ❖ Electrical Outlet Optional items: <input type="checkbox"/> Radio/cassette/CD player <input type="checkbox"/> Telephone <input type="checkbox"/> Breastfeeding Art**
Scheduling	<input type="checkbox"/> Flexible breaks (at least 15-20 minutes in the morning and afternoon as well as a lunch break) during which the employee can express milk or nurse their infants	<input type="checkbox"/> Flexible breaks One of the following: <input type="checkbox"/> Ability to work part-time or some hours from home <input type="checkbox"/> Flex-time offered <input type="checkbox"/> Job-sharing offered <input type="checkbox"/> Paid maternity leave (≥ 6 wks) <input type="checkbox"/> On-site childcare	<input type="checkbox"/> Flexible breaks <input type="checkbox"/> Maternity leave available for up to 12 weeks (at least 6 weeks paid) One of the following: <input type="checkbox"/> Ability to work part-time or some hours from home <input type="checkbox"/> Flex-time offered <input type="checkbox"/> Job-sharing offered <input type="checkbox"/> On-site childcare
Resources		One of the following: <input type="checkbox"/> Lending library of Breastfeeding Resources <input type="checkbox"/> List of local breastfeeding resources* *Available from Dept of Health website	All or some of the following: <input type="checkbox"/> Lending library of Breastfeeding Resources** <input type="checkbox"/> List of regional breastfeeding resources* <input type="checkbox"/> Lactation consultant services provided for employees (via insurance or paid by employer) **suggested titles and suppliers available from Dept of Health website